



The Facility

Monroe Street Pool, 3401 Monroe Street

760-602-4685

The pool facility includes a 25-yard by 25-meter pool, two 1-meter diving boards, a 3-meter diving board, a shallow play area and access ramp, bleachers and plenty of deck space. The Aquatic Building includes tiled shower areas, changing and locker facilities and rest rooms. The entire facility is designed for easy access to all. Lockers are available if you bring your own lock and remove it daily.

Periodic Emergency Action Plan drills will take place at any time of day and will last for no more than 15 minutes. These drills are designed to enhance and test lifeguards skills, thus increasing the safety of all our guests. When you hear a prolonged blast of an air-horn or whistle, please exit the pool as directed by staff. Your cooperation is necessary and appreciated.

Per Admission Fees (*Proof of residency required.)

Youth/Teen 17 & under.....	\$2
Adult Resident*	\$3
Adult Non-Resident.....	\$4

Discount Passes

	Individual R/NR	Family R/NR
10 Swims Pass	\$30/\$40	—
One Month	\$35/\$50	\$47/\$72
Four Month	\$60/\$90	\$95/\$120

For additional information please go to www.carlsbadca.gov/parksandrecreation, select the Aquatics tab, select Recreation and lap swim and select Discount pass options.

Recreation Swim ♥

During recreation swim times, the shallow and deep end play areas and the diving boards are open and bag check service is available at no cost. Children under 8 who are unable to pass the swim test must be accompanied by an adult in the water. Two children under 8 are admitted free with a paying adult who will be accompanying them in the water. To enter deep water you must demonstrate your swimming ability to the lifeguard. The diving boards and climbing wall are open from 1:30-4 p.m. and 6-7:30 p.m. weekdays and 12-4 p.m. weekends.

See registration information on page 53.

Adult Lap Swim ♥

Adult lap swim is open to those ages 16 and older who wish to swim for fitness. Please swim in the appropriate speed lane and circle swim if there are more than two swimmers in the lane. A pace clock, kickboards and pull-buoys are available on deck.

Summer Schedule: June 21 – August 22, 2010

MONDAY-FRIDAY

6-7:15 a.m. ADULT Lap Swim
12-1:30 p.m. ADULT Lap Swim
1:30-4 p.m. Recreation and Lap Swim
5:45-7:30 p.m. Recreation and Lap Swim

WEEKENDS

10:15 a.m. - 12 p.m. ADULT Lap Swim
12 - 4 p.m. Recreation and Lap Swim

NOTE: Additional adult lap swim times may be available, please check with staff.

Instructional Classes ♥

American Red Cross standards are taught by Water Safety Instructors. To assist you in placing your child into the right level come to our free skill level testing at the Monroe Street pool through June 10th between 12:30-1:15 p.m. and 5:30-6:30 p.m., Monday-Friday and 12:30-3:30 p.m. Weekends after June 15th, come during any recreation swim time.

Classes are held Monday-Friday in Sessions SA through SE and weekends in sessions SF and SG.

MONDAY-FRIDAY SESSIONS:

SA	June 21 - July 2
SB	July 6 - July 16
SC	July 19 - July 30
SD	Aug 2 - Aug 13
SE	Aug 16 - Aug 27

WEEKEND SESSIONS:

SF	June 26 - July 25 (no classes on Sunday, July 4)
SG	July 31 - August 29

REGISTRATION PROCEDURES FOR AQUATIC PROGRAMS SESSIONS SD, SE AND SG:

Resident On-Line registration at www.carlsbadca.gov/parksandrecreation begins Monday, July 12th. ON-LINE REGISTRATION open to all begins on Thursday, July 15th.

Phone-in (760-602-4685) and walk-in registration for sessions SD, SE and SG begins Tuesday, July 20th at 9:30 a.m. and continues during Monroe Street Pool office hours:

Monday-Friday: 6 a.m. - 7 p.m.

Weekends: 12-3:30 p.m.

Be prepared to show proof of residency.

Volunteers Needed

Earn free swimming! If you are a young person looking to build references for that first job application, or an adult willing to share some of your people skills and have a least Level 4 swim skills, we can use your help as an instructor aide. If you are interested please see the staff to fill out a volunteer application. Thanks!

Individualized Swim Lesson ♥

Perfect for students 4 to 7 years of age whom just need a dose of 'one on one' attention to master a skill set below Level 4 ability. To allow the Aquatics Staff to prepare a pro-active lesson plan, the registration process requires the parent to estimate the child's current swim lesson level. When prompted, simply indicate which group lesson would have been the best fit...then we remove the group and create something special just for your student!

CANCELLATION/REFUND POLICY: Cancellations MUST be made 24 hours prior to the scheduled class for a full refund or credit. No refunds or credits will be issued if a cancellation request is placed less than 24 hours prior to the lesson. Instructors will wait 10 minutes for late arrivals. After this time it will be counted as a 'no show' and no refunds or credits will be granted. If a participant falls ill or has a medical emergency a signed medical statement from a physician must be received in order to receive a credit.

Age: 4Y - 7Y

TIME	DAYS	DAILY SESSIONS	TERM	R/NR FEES
11:55am-12:25pm	M-F	Jun 21-Aug 27	1c	\$23 ⁵⁰ /\$33 ⁵⁰
12:30-1:00pm	M-F	Jun 21-Aug 27	1c	\$23 ⁵⁰ /\$33 ⁵⁰

Parent and Child Aquatics ♥

Parent Infant/Tot Aquatics

For parents (1 or both) and infants ages 6 months to 3 years. Emphasis is placed on water adjustment. NOTE: Infants and tots must wear plastic pants over their suits or swim diapers while they are in the water. Skills taught include: water adjustment and entry; bubble blowing; underwater exploration; front float, glide and leg action; back float, glide and leg action; rolling over and choosing or using life jackets. All skills require parent contact. **Note: No classes July 4 or 5.**

Age: 6M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45297	10:15-10:45am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45293	10:50-11:20am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45295	4:40-5:10pm	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45299	10:15-10:45am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67
45294	10:50-11:20am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67
45296	4:40-5:10pm	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67
45392	5:10-5:40pm	M-F	Aug 2-13	10c	\$47/\$67
45300	10:45-11:15am	M-F	Aug 16-27	10c	\$47/\$67
45298	5:10-5:40pm	M-F	Aug 16-27	10c	\$47/\$67

Parent/Infant Aquatics

For parents (1 or both) and infants ages 6 months to 18 months. Note: Infants and tots must wear plastic pants over their suits or swim diapers while they are in the water. Emphasis is placed on water adjustment. Skills taught include: water adjustment and entry, bubble blowing, underwater exploration, front glide, front kick, arm movements on front, back float, rolling over, rescue breathing and safety skills (parents). All skills require parent contact. **Note: No class July 5.**

Age: 6M - 18M

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45302	10:10-10:40am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45303	5:10-5:40pm	M-F	Jul 6-16	9c	\$47/\$67
45304	5:10-5:40pm	M-F	Jul 19-30	10c	\$47/\$67

Parent/Tot Aquatics

This course is intended for parents and tots 1 ½ - 3 years old who have completed or mastered the skills in Parent/Infant Aquatics. Skills taught include: all skills listed for Parent/Infant Aquatics, jumping in assisted and unassisted, back glides, arms and kicking on front and back, changing positions and exiting the pool unassisted. **Note: No class July 5.**

Age: 18M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45306	10:45-11:15am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45307	4:00-4:30pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45308	10:45-11:15am	M-F	Jul 6-16	9c	\$47/\$67
45309	4:35-5:05pm	M-F	Jul 6-16	9c	\$47/\$67
45310	10:45-11:15am	M-F	Jul 19-30	10c	\$47/\$67
45311	4:35-5:05pm	M-F	Jul 19-30	10c	\$47/\$67
45312	4:35-5:05pm	M-F	Aug 2-13	10c	\$47/\$67

Pre-School Aquatics 1

For children ages 3 to 5 years old. Parent participation required. Skills taught include: enter and exit water; blow bubbles through mouth and nose; submerge mouth, nose and eyes; open eyes under water and retrieve submerged objects; front and back glides; back float and recover to a vertical position; roll from front to back and back to front; tread with arm and hand actions; alternating and simultaneous leg actions on front and back; combined arm and leg actions on front and back; experience wearing a life jacket in the water; learn how to stay safe in, on and around the water, including sun safety. **Note: No classes July 4 or 5.**

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45313	9:35-10:05am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45314	11:20-11:50am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45316	4:00-4:30pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45318	10:10-10:40am	M-F	Jul 6-16	9c	\$47/\$67
45317	11:20-11:50am	M-F	Jul 6-16	9c	\$47/\$67
45319	9:00-9:30am	M-F	Jul 19-30	10c	\$47/\$67
45315	9:35-10:05am	M-F	Jul 19-30	10c	\$47/\$67
45320	11:20-11:50am	M-F	Jul 19-30	10c	\$47/\$67
45322	10:45-11:15am	M-F	Aug 2-13	10c	\$47/\$67
45321	11:20-11:50am	M-F	Aug 2-13	10c	\$47/\$67
45323	11:20-11:50am	M-F	Aug 16-27	10c	\$47/\$67
45505	4:00-4:30pm	M-F	Aug 16-27	10c	\$47/\$67
45324	11:25-11:55am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45326	4:05-4:35pm	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45325	11:25-11:55am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67

Pre-School Aquatics 2

For children ages 3 to 5 who have mastered all Preschool Aquatics 1 skills. Parent participation is required. Skills taught include: exit water using ladder, steps or side; bobbing; open eyes under water and retrieve submerged objects; front and back floats and glides; roll from front to back and back to front; tread water using arm and leg actions; combined arm and leg actions on front and back; finning arm action on back. **Note: No classes July 4 or 5.**

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45329	11:20-11:50am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45330	4:35-5:05pm	M-F	Jun 21-Jul 2	10c	\$47/\$67

45331	9:00-9:30am	M-F	Jul 6-16	9c	\$47/\$67
45332	11:20-11:50am	M-F	Jul 6-16	9c	\$47/\$67
45333	5:10-5:40pm	M-F	Jul 6-16	9c	\$47/\$67
45334	9:00-9:30am	M-F	Jul 19-30	10c	\$47/\$67
45335	11:20-11:50am	M-F	Jul 19-30	10c	\$47/\$67
45336	5:10-5:40pm	M-F	Jul 19-30	10c	\$47/\$67
45337	9:00-9:30am	M-F	Aug 2-13	10c	\$47/\$67
45338	11:20-11:50am	M-F	Aug 2-13	10c	\$47/\$67
45339	5:10-5:40pm	M-F	Aug 2-13	10c	\$47/\$67
45340	9:00-9:30am	M-F	Aug 16-27	10c	\$47/\$67
45341	11:20-11:50am	M-F	Aug 16-27	10c	\$47/\$67
45342	5:10-5:40pm	M-F	Aug 16-27	10c	\$47/\$67
45343	10:15-10:45am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45345	11:25-11:55am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45344	10:15-10:45am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67
45346	11:25-11:55am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67
45898	4:05-4:35pm	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67

Pre-School Aquatics 3

For children ages 3 to 5 who have mastered all Preschool Aquatics 2 skills. Skills taught include: enter water by jumping in; fully submerge and hold breath; bobbing; front, jellyfish and tuck floats; recover from a front or back float or glide to a vertical position; back float and glide; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm and leg actions on front and back; tread water using arm and leg actions; use of a life jacket, recognizing lifeguards and sun safety. **Note: No classes July 4 or 5.**

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45347	9:35-10:05am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45349	4:35-5:05pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45365	9:00-9:30am	M-F	Jul 6-16	9c	\$47/\$67
45350	9:35-10:05am	M-F	Jul 6-16	9c	\$47/\$67
45364	11:20-11:50am	M-F	Jul 6-16	9c	\$47/\$67
45351	4:00-4:30pm	M-F	Jul 6-16	9c	\$47/\$67
45352	9:00-9:30am	M-F	Jul 19-30	10c	\$47/\$67
45353	9:35-10:05am	M-F	Jul 19-30	10c	\$47/\$67
45354	4:00-4:30pm	M-F	Jul 19-30	10c	\$47/\$67
45356	9:35-10:05am	M-F	Aug 2-13	10c	\$47/\$67
45357	4:00-4:30pm	M-F	Aug 2-13	10c	\$47/\$67
45358	9:35-10:05am	M-F	Aug 16-27	10c	\$47/\$67
45359	11:20-11:50am	M-F	Aug 16-27	10c	\$47/\$67
45360	4:00-4:30pm	M-F	Aug 16-27	10c	\$47/\$67
45361	4:35-5:05pm	M-F	Aug 16-27	10c	\$47/\$67
45362	10:50-11:20am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45363	10:50-11:20am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67

Learn to Swim ♥

Level 1: Intro to Water Skills

Skills taught/completion requirements include: enter and exit water safely; blow bubbles; retrieve submerged objects; front and back glides and floats; roll from front to back and back to front; tread water; alternating, simultaneous and combined leg and arm actions on front and back; recognizing an emergency and knowing how to call for help; use of a life jacket, recognizing lifeguards and sun safety.

Note: No class July 5.

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45163	10:10-10:40am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45164	10:10-10:40am	M-F	Jul 6-16	9c	\$47/\$67
45165	4:35-5:05pm	M-F	Jul 6-16	9c	\$47/\$67
45166	10:10-10:40am	M-F	Jul 19-30	10c	\$47/\$67
45167	4:35-5:05pm	M-F	Jul 19-30	10c	\$47/\$67
45168	10:10-10:40am	M-F	Aug 2-13	10c	\$47/\$67
45169	10:10-10:40am	M-F	Aug 16-27	10c	\$47/\$67

Level 2: Fundamental Aquatic Skills

Skills taught/completion requirements include: enter water by jumping from the side; fully submerge and hold breath; bobbing; open eyes under water and retrieve submerged objects; front, jellyfish and tuck floats; front and back glides and floats; roll from front to back and back to front; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm and leg actions on front and back; finning arm action; learn how to stay safe in, on and around the water, including the use of life jacket and sun safety. **Note: No classes July 4 or 5.**

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45170	9:35-10:05am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45171	10:45-11:15am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45172	11:20-11:50am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45173	4:35-5:05pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45174	5:10-5:40pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45175	9:35-10:05am	M-F	Jul 6-16	9c	\$47/\$67
45176	10:45-11:15am	M-F	Jul 6-16	9c	\$47/\$67
45177	4:00-4:30pm	M-F	Jul 6-16	9c	\$47/\$67
45179	9:35-10:05am	M-F	Jul 19-30	10c	\$47/\$67
45180	10:45-11:15am	M-F	Jul 19-30	10c	\$47/\$67
45192	11:20-11:50am	M-F	Jul 19-30	10c	\$47/\$67
45181	4:00-4:30pm	M-F	Jul 19-30	10c	\$47/\$67
45182	5:10-5:40pm	M-F	Jul 19-30	10c	\$47/\$67
45183	9:35-10:05am	M-F	Aug 2-13	10c	\$47/\$67
45184	10:45-11:15am	M-F	Aug 2-13	10c	\$47/\$67
45188	11:20-11:50am	M-F	Aug 2-13	10c	\$47/\$67
45185	4:00-4:30pm	M-F	Aug 2-13	10c	\$47/\$67
45186	9:35-10:05am	M-F	Aug 16-27	10c	\$47/\$67
45187	10:45-11:15am	M-F	Aug 16-27	10c	\$47/\$67
45178	4:35-5:05pm	M-F	Aug 16-27	10c	\$47/\$67
45189	5:10-5:40pm	M-F	Aug 16-27	10c	\$47/\$67
45190	10:50-11:20am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45191	10:50-11:20am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67

Activities and classes with ♥ offer a health and wellness benefit to the participant.

Level 3: Stroke Development

Must have passed or mastered all Level 2 requirements. Skills taught/ minimum completion requirements include: enter water by jumping from the side; headfirst entries from the side in sitting and kneeling positions; bobbing to safety; rotary breathing; survival float; back float; tread water; flutter, scissor, dolphin and breaststroke kicks on front; front crawl and elementary backstroke; learn to perform simple non-swimming assists; learn to recognize, prevent and respond to cold water emergencies. **Note: No classes July 4 or 5.**

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45193	9:35-10:05am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45194	9:35-10:05am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45195	10:10-10:40am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45196	10:45-11:15am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45197	11:20-11:50am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45198	4:00-4:30pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45199	5:10-5:40pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45209	5:10-5:40pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45200	9:35-10:05am	M-F	Jul 6-16	9c	\$47/\$67
45201	10:10-10:40am	M-F	Jul 6-16	9c	\$47/\$67
45202	10:45-11:15am	M-F	Jul 6-16	9c	\$47/\$67
45203	11:20-11:50am	M-F	Jul 6-16	9c	\$47/\$67
45204	4:00-4:30pm	M-F	Jul 6-16	9c	\$47/\$67
45205	4:35-5:05pm	M-F	Jul 6-16	9c	\$47/\$67
45206	9:35-10:05am	M-F	Jul 19-30	10c	\$47/\$67
45207	10:10-10:40am	M-F	Jul 19-30	10c	\$47/\$67
45208	10:45-11:15am	M-F	Jul 19-30	10c	\$47/\$67
45228	11:20-11:50am	M-F	Jul 19-30	10c	\$47/\$67
45210	4:00-4:30pm	M-F	Jul 19-30	10c	\$47/\$67
45211	4:35-5:05pm	M-F	Jul 19-30	10c	\$47/\$67
45212	9:35-10:05am	M-F	Aug 2-13	10c	\$47/\$67
45213	10:10-10:40am	M-F	Aug 2-13	10c	\$47/\$67
45214	10:45-11:15am	M-F	Aug 2-13	10c	\$47/\$67
45215	10:45-11:15am	M-F	Aug 2-13	10c	\$47/\$67
45219	11:20-11:50am	M-F	Aug 2-13	10c	\$47/\$67
45216	4:00-4:30pm	M-F	Aug 2-13	10c	\$47/\$67
45217	4:35-5:05pm	M-F	Aug 2-13	10c	\$47/\$67
45218	9:35-10:05am	M-F	Aug 16-27	10c	\$47/\$67
45231	10:10-10:40am	M-F	Aug 16-27	10c	\$47/\$67
45220	10:45-11:15am	M-F	Aug 16-27	10c	\$47/\$67
45221	11:20-11:50am	M-F	Aug 16-27	10c	\$47/\$67
45222	4:00-4:30pm	M-F	Aug 16-27	10c	\$47/\$67
45223	4:35-5:05pm	M-F	Aug 16-27	10c	\$47/\$67
45230	4:35-5:05pm	M-F	Aug 16-27	10c	\$47/\$67
45224	10:15-10:45am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45225	10:15-10:45am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67
45226	11:25-11:55am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45227	11:25-11:55am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67

Level 4: Stroke Development

Must have passed or mastered all Level 3 requirements. Skills taught/ minimum completion requirements include: head first entries from the side in compact and stride positions; swim under water; feet first surface dive; survival swimming; front crawl and backstroke open turns; tread water using two different kicks; front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly; flutter

and dolphin kicks on back; learn about recreational water illnesses and how to prevent them. **Note: No classes July 4 or 5.**

Age: 6Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45232	10:10-10:40am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45233	10:10-10:40am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45234	10:45-11:15am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45235	11:20-11:50am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45236	4:00-4:30pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45237	9:35-10:05am	M-F	Jul 6-16	9c	\$47/\$67
45238	10:10-10:40am	M-F	Jul 6-16	9c	\$47/\$67
45239	10:45-11:15am	M-F	Jul 6-16	9c	\$47/\$67
45240	11:20-11:50am	M-F	Jul 6-16	9c	\$47/\$67
45241	4:00-4:30pm	M-F	Jul 6-16	9c	\$47/\$67
45242	4:35-5:05pm	M-F	Jul 6-16	9c	\$47/\$67
45263	5:10-5:40pm	M-F	Jul 6-16	9c	\$47/\$67
45243	9:35-10:05am	M-F	Jul 19-30	10c	\$47/\$67
45245	10:10-10:40am	M-F	Jul 19-30	10c	\$47/\$67
45246	10:45-11:15am	M-F	Jul 19-30	10c	\$47/\$67
45247	11:20-11:50am	M-F	Jul 19-30	10c	\$47/\$67
45248	4:00-4:30pm	M-F	Jul 19-30	10c	\$47/\$67
45249	4:35-5:05pm	M-F	Jul 19-30	10c	\$47/\$67
45250	9:35-10:05am	M-F	Aug 2-13	10c	\$47/\$67
45251	10:10-10:40am	M-F	Aug 2-13	10c	\$47/\$67
45252	10:45-11:15am	M-F	Aug 2-13	10c	\$47/\$67
45253	11:20-11:50am	M-F	Aug 2-13	10c	\$47/\$67
45254	4:00-4:30pm	M-F	Aug 2-13	10c	\$47/\$67
45255	4:35-5:05pm	M-F	Aug 2-13	10c	\$47/\$67
45258	9:35-10:05am	M-F	Aug 16-27	10c	\$47/\$67
45256	10:10-10:40am	M-F	Aug 16-27	10c	\$47/\$67
45257	10:45-11:15am	M-F	Aug 16-27	10c	\$47/\$67
45259	4:00-4:30pm	M-F	Aug 16-27	10c	\$47/\$67
45260	4:35-5:05pm	M-F	Aug 16-27	10c	\$47/\$67
45261	10:50-11:20am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45262	10:50-11:20am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67
45264	11:25-11:55am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45265	11:25-11:55am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67

Level 5: Stroke Refinement

Must have passed or mastered Level 4 requirements. Skills taught/ minimum completion requirements include: shallow-angle dive from the side then glide and begin a front stroke; tuck and pike surface dives; front flip turn and backstroke flip turn while swimming; front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly; sculling; learn what to think about and do when exhausted or caught in a dangerous situation; learn how to call for help and the importance of knowing first aid and CPR; learn basic safety guidelines for participating in aquatic activities at water parks. **Note: No classes July 4 or 5.**

Age: 6Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45266	10:45-11:15am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45268	4:35-5:05pm	M-F	Jun 21-Jul 2	10c	\$47/\$67
45269	9:35-10:05am	M-F	Jul 6-16	9c	\$47/\$67
45270	10:10-10:40am	M-F	Jul 6-19	10c	\$47/\$67
45271	10:45-11:15am	M-F	Jul 6-16	9c	\$47/\$67
45272	5:10-5:40pm	M-F	Jul 6-16	9c	\$47/\$67

45274	10:10-10:40am	M-F	Jul 19-30	10c	\$47/\$67
45275	10:45-11:15am	M-F	Jul 19-30	10c	\$47/\$67
45276	4:00-4:30pm	M-F	Jul 19-30	10c	\$47/\$67
45503	5:10-5:40pm	M-F	Jul 19-30	10c	\$47/\$67
45278	9:35-10:05am	M-F	Aug 2-13	10c	\$47/\$67
45279	10:10-10:40am	M-F	Aug 2-13	10c	\$47/\$67
45280	5:10-5:40pm	M-F	Aug 2-13	10c	\$47/\$67
45281	10:10-10:40am	M-F	Aug 16-27	10c	\$47/\$67
45282	5:10-5:40pm	M-F	Aug 16-27	10c	\$47/\$67
45283	10:15-10:45am	Sa-Su	Jun 26-Jul 25	9c	\$47/\$67
45284	10:15-10:45am	Sa-Su	Jul 31-Aug 29	10c	\$47/\$67

Level 6: Personal Water Safety

Skills taught/minimum completion requirements include: front crawl at least 200 m; back crawl at least 200 m; breaststroke at least 100 m; elementary backstroke at least 100 m; sidestroke at least 100 m; butterfly at least 100 m; open & flip turns for all strokes; review all surface dives; HELP & huddle positions, tread water at least 5 minutes, tread water kicking only at least 2 minutes, retrieve item from 13 feet of water, survival float at least 5 minutes, back float at least 5 minutes, survival swimming at least 10 minutes, self-rescue techniques while clothed, basic safety rules for open water and boating. **Note: No class July 5.**

Age: 6Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45285	4:35-5:05pm	M-F	Jul 6-16	9c	\$47/\$67
45286	10:10-10:40am	M-F	Jul 19-30	10c	\$47/\$67
45287	4:35-5:05pm	M-F	Jul 19-30	10c	\$47/\$67
45288	10:10-10:40am	M-F	Aug 2-13	10c	\$47/\$67

Level 6: Swimming For Fitness

Increase endurance while swimming. Skills taught/minimum completion requirements include: front crawl at least 200m, back crawl at least 200m, breaststroke at least 100m, elementary backstroke at least 100m, sidestroke at least 100m, butterfly at least 100m, open and flip turns for all strokes, etiquette in fitness swimming, use of pace clock, use of pull buoy, use of fins, use of paddles, principals of setting up a fitness program, various training techniques, calculate heart rate, apply principals of water exercise, Exit Skills 1 and 2. **Note: No class July 5.**

Age: 6Y - 99Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45291	4:00-4:30pm	M-F	Jul 6-16	9c	\$47/\$67
45289	4:35-5:05pm	M-F	Aug 2-13	10c	\$47/\$67
45290	10:10-10:40am	M-F	Aug 16-27	10c	\$47/\$67
45292	4:00-4:30pm	M-F	Aug 16-27	10c	\$47/\$67

Adult/Teen Swim Instruction

No minimum skills. Semi-individualized instruction for beginners through Level 4 swim ability, taught in a group setting. **Note: No class July 5.**

Age: 16Y - 99Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45039	5:10-5:40pm	M-F	Jun 21-Jul 2	10c	\$47/ \$67
45040	5:10-5:40pm	M-F	Jul 6-16	9c	\$47/\$67
45041	5:10-5:40pm	M-F	Jul 19-30	10c	\$47/\$67
45042	5:10-5:40pm	M-F	Aug 2-13	10c	\$47/\$67
45043	5:10-5:40pm	M-F	Aug 16-27	10c	\$47/\$67

Springboard Diving ♥

Beginning

Participant skills minimum: swimming Level 4 or above (no age minimum). This course will be taught by an experienced springboard diver and instructor. Participants will learn the basic fundamentals of diving including the front approach; hurdle and take off from the board; backward take off from the board; front and back jumps in the tuck, pike and straight position; and a front and back dive. Intermediate to advanced instruction and competition is offered at the pool through Dive San Diego. Please call 760-201-9242. **Note: No class July 5.**

All Ages

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45393	10:45-11:15am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45366	11:20-11:50am	M-F	Jun 21-Jul 2	10c	\$47/\$67
45394	10:45-11:15am	M-F	Jul 6-16	9c	\$47/\$67
45367	11:20-11:50am	M-F	Jul 6-16	9c	\$47/\$67
45502	10:45-11:15am	M-F	Jul 19-30	10c	\$47/\$67
45368	11:20-11:50am	M-F	Jul 19-30	10c	\$47/\$67
45504	10:45-11:15am	M-F	Aug 2-13	10c	\$47/\$67
45369	11:20-11:50am	M-F	Aug 2-13	10c	\$47/\$67
45506	10:45-11:15am	M-F	Aug 16-27	10c	\$47/\$67
45370	11:20-11:50am	M-F	Aug 16-27	10c	\$47/\$67

Safety Training: Aquatics ♥

Guard Start

This program gives youth ages 11 to 15 a jump start to Red Cross Lifeguarding. It builds a foundation of knowledge, attitudes and skills consisting of five categories: Prevention, Fitness, Response, Leadership and Professionalism. Prerequisites include completion of 5th grade and demonstration of the following skills: continuously swim 25m of front crawl stroke, tread water for 1 minute using arms and legs, and submerge and swim 10 feet underwater.

Age: 10Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
45045	1:30-4:30pm	M-F	Jul 19-30	10c	\$75/\$85

Masters Swim Program ♥

A coached fitness one and one-quarter hour workout, available year-round. For additional information go to www.carlsbadca.gov/parksandrecreation, select the Aquatics tab, and select Masters swim.

Monroe Street Pool

Age: 18Y - 99Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
—	6:00am/12:00pm	M-F	—	1c	\$4/\$6
—	8:00am	Sa/Holidays	—	1c	\$4/\$6